

What Is Claimed Is:

1. A method for coating a substrate, having the following steps external current-less or electrolytic deposition of Ni and/or Co and/or Pt in a deposition bath known as such, in which additionally particles are suspended which contain at least one metal selected from Mg, Al, Ti, Zn and no Cr, the particles becoming occluded in the coating heat treatment of the coated substrate.
2. The method as recited in Claim 1, wherein the particles have an oxide layer that is thicker than the oxide layer developed under normal environmental conditions.
3. The method as recited in Claim 1 or 2, wherein the particles are alloyed with Ni and/or Co and/or Pt.
4. The method as recited in at least one of Claims 1 through 3, wherein silicon particles are suspended in the deposition bath and become occluded in the coating.
5. The method as recited in at least one of Claims 1 through 4, wherein the particles are alloyed with Si.
6. The method as recited in at least one of Claims 1 through 5, wherein the particle diameter amounts to 1 to 50  $\mu\text{m}$ .
7. The method as recited in at least one of Claims 1 through 6, wherein the layer is deposited up to a thickness of 10 to 100  $\mu\text{m}$ .
8. Coated object that is able to be produced according to a method as recited in one of Claims 1 through 7.